

Julia Child's Beef Bourguignon with Walmart Ingredients

YouTube video link: https://youtu.be/fNrJ_IR1zQM

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Julia Child's Beef Bourguignon Master Recipe

(makes 6 servings)

Ingredients:

3 lbs (1360 grams) chuck roast, cut into 2x2-inch cubes
salt

6 ounces (170 grams) bacon, preferably thick cut
water

1 tbsp (15 ml) olive oil or neutral oil

1 carrot, peeled and sliced

1 brown/yellow onion, peeled and sliced with the grain

2 tbsp (15 grams) all-purpose flour

3 cups (710 ml) red wine, preferably one of these varieties from Burgundy, France: Pinot Noir (Bourgogne), Beaujolais, Côtes du Rhône, or Burgundy. If you can't find any of these, get a young (meaning recent year) Pinot Noir, as this will be widely available

2 to 3 cups (475-710 ml) beef stock, preferably Better than Bouillon

1 tbsp (17 grams) tomato paste

2 cloves grated garlic

½ tsp (0.7 gram) dried thyme or 1 ½ tsp fresh thyme leaves

1 bay leaf

¼ tsp (0.8 gram) ground black pepper

Salt, to taste

18 to 24 braised pearl onions, see recipe below

1 lb (453 grams) sauteed butter mushrooms, see recipe below

Parsley, sprigs or rough chopped

Directions (see next page)

Directions:

1. Pull beef apart at the seams and cut off the hard pieces of fat and slice off the silver skin
2. Cut beef into roughly 2-inch by 2-inch pieces
3. Salt beef on all sides and place on a baking sheet lined with a wire rack
4. Place salted beef in the fridge, uncovered, for at least 2 hours or up to 24 hours, preferably (if you are not salting in advance, dry the beef well with a paper towel and salt immediately before the searing step, you need to make sure the beef is completely dry before searing it)
5. Preheat an oven to 450°F (232°C)
6. Bring a large pot of water up to a simmer
7. Slice bacon into roughly ¼-inch pieces (if you find this difficult, freeze the bacon for 10-15 minutes before slicing, this will firm the bacon and make it easier to slice)
8. Simmer the bacon slices for about 5 minutes to remove the smoky flavor and desalinate the meat
9. Remove the bacon from the water and pat very dry with paper towels
10. Heat a large pot or dutch oven over medium heat and add 1 tablespoon of oil
11. Add the bacon to the pot and cook until lightly browned, about 3 minutes
12. Remove the bacon and set aside leaving the oil behind
13. Working in batches, sear the beef chunks in the oil until all sides are well browned, do not overcrowd the pan, if it begins to look too dry, add a bit more oil
14. When all the beef is seared, remove it from the pot and set aside with the bacon
15. In the same pot, add the sliced carrot and onion and saute until lightly caramelized, try to scrape up the fond while the vegetables are releasing their liquid. If it begins to look too brown at the bottom, deglaze with a couple tablespoons of the leftover wine, beef stock, or water
16. When the vegetables look good, turn off the heat and add the bacon and beef back to the pot then and stir them into the vegetables
17. Sprinkle over 2 tablespoons of flour and stir until all the beef is covered and it looks like a very light paste
18. Add the pot, uncovered, to the pre-heated oven and bake for 4 minutes
19. Remove the pot from the oven, stir the contents, then bake, uncovered, for an additional 4 minutes
20. Remove the pot from the oven and lower the temperature to 325°F (162°C)
21. Pour in 3 cups of the wine to the pot and add enough broth or stock (2 to 3 cups) so the meat is gently floating at the top
22. Add tomato paste, grated garlic, thyme, bay leaf, and black pepper (I like to add salt at the end during the sauce stage because store bought broth and stocks can be heavily-seasoned)
23. Stir well so all the ingredients are incorporated
24. Cover the pot and place in the oven for about 3 hours or until the meat is easily pierced with a fork (check halfway through to make sure the sauce isn't reducing too much, if it is, add a bit more stock)
25. While the meat is braising, make the pearl onions and mushrooms (see recipes below)

26. When the meat is finished braising, strain the sauce through a fine-mesh strainer to discard the vegetables (the carrots and onions have given all their flavor to the sauce and their texture will be mushy, so they should be removed)
27. Pick through and remove the beef and all the bacon pieces you can find, cleaning them of all the vegetable scraps clinging to them
28. Wash out your pot, dry, add the beef and bacon back to the pot, and distribute the braised pearl onions and buttered mushrooms over the meats
29. Add the strained sauce to a small pot and spoon off the fat (if there is any) but leaving a bit behind because it adds flavor
30. Reduce the sauce over medium heat until it thickens slightly and coats the back of a spoon, you ideally want about 2 ½ cups of sauce (if your sauce is too thick when straining, add a bit of stock to loosen it up)
31. Taste for seasoning and add more salt and pepper, if necessary
32. Pour the sauce over the meat, onions, and mushrooms and stir well until everything is incorporated
33. The dish can be prepared to this point up to 2 days in advance and kept in the fridge, reheat over medium heat before serving
34. Garnish with chopped parsley and serve the beef bourguignon with buttered potatoes, buttered egg pasta, or white rice. The most common green vegetable to serve it with is buttered peas. There are recipes for all these dishes below.
35. Bon appetite!

Braised Pearl Onions

Ingredients:

18 to 24 (or one small bag) white pearl onions

Water, for blanching

1 ½ tbsp (21 grams) unsalted butter

1 ½ tbsp (22.5 ml) olive oil or neutral oil

½ cup (118 ml) broth or stock or water

Salt, to taste

Black pepper, to taste

1 bouquet garni (4 sprigs parsley, 1 bay leaf, 2-3 sprigs thyme)

Directions:

1. Bring a large pot of water up to a simmer and drop in the onions (this will make it much easier to remove the skin)
2. Simmer for 1 minute and drain
3. Add the onions to a pot of cool water for 1 minute to stop the cooking
4. Remove onions from water, dry, and slice off the top end to peel off the outer skin
5. Rub the onions between paper towels of the thin, translucent skin is difficult to remove
6. Cut off the root end, discard, and poke a paring knife into the bottom of the onion in the shape of a cross (this will help them stay together while braising)
7. Heat the butter and oil in a pan over medium heat until the butter begins to bubble
8. Add the onions and saute for about 10 minutes, or until the onions are lightly browned (they will brown unevenly, this is fine)
9. After the onions look good, pour in the broth, stock, or water, salt and pepper, and the bouquet garni)
10. Lower the heat to medium-low, cover the pan, and braise the onions until they are tender, but have kept their shape, check every 10-15 minutes to make sure they aren't burning and the broth is reducing nicely, if it's going to quickly, lower the heat or add more liquid, a splash at a time
11. When the onions are ready, remove them from the pan and set aside

Sauteed Butter Mushrooms

Ingredients:

2 tbsp (30 ml) olive oil or neutral oil
4 tbsp (56 grams) unsalted butter
1 lb (453 grams) white button mushrooms, cleaned and quartered

Salt, to taste
Black pepper, to taste

Directions:

1. Heat oil in a large pan over medium heat until it's shimmering
2. Add butter and heat until it has melted the the foaming has subsided
3. Add the mushrooms to the pan, toss in the oil and butter, and cook until the mushrooms have given up all their liquid are lightly browned, usually about 5-10 minutes
4. When done, turn off the heat and season to taste with salt and pepper

French Boiled & Buttered Parsley Potatoes

Ingredients:

Yukon gold or small golden potatoes (the smaller, the better), unpeeled

Water

Salt

Pepper

Butter

Parsley, rough chopped

Directions:

1. Bring a large pot of water up to a simmer and salt the water heavily
2. Drop the potatoes into the water and simmer until the largest potato is easily pierced with a knife
3. Drain the potatoes and return them to the dry pan over low heat until they are dry
4. Turn off the heat and toss in some butter
5. Season with salt and pepper and toss the potatoes until the butter is fully melted and all the potatoes are covered
6. Sprinkle with parsley and gently toss the potatoes until the parsley is evenly distributed
7. Serve immediately

French Buttered Egg Pasta

Ingredients:

1 package (usually 12-16 ounces) egg noodles

Water

4 tbsp (56 grams) unsalted butter

Salt, to taste

Black Pepper, to taste

¼ cup reserved pasta water

Directions:

1. Bring a large pot of water up to a boil and salt the water until it tastes like sweet water from the ocean (this will season the pasta)
2. Add the egg noodles and cook until the pasta is al dente (check the bag for instructions, but typically about 7-9 minutes)
3. Before draining, reserve about ¼ cup of the pasta water
4. Drain the pasta
5. Add the pasta back to the warm pot along with the butter, stirring until the butter is melted
6. Add 1-2 tbsp of the pasta water and stir until the butter is emulsified with the water is coating the noodles, the noodles should be glistening and not swimming in the sauce
7. Taste the noodles and season with salt (if necessary) and black pepper
8. Serve immediately

French Buttered Green Peas

Ingredients:

1 bag or 12-16 oz (340-453 grams) frozen peas
3 tbsp (42 grams) unsalted butter
2 tbsp (30 ml) water
¼ tsp (1.5 grams) salt
½ tsp (2 grams) white sugar
Black pepper, to taste
Parsley, chopped (optional)

Directions:

1. Heat a large pot over medium heat
2. Add the butter, water, salt, and sugar
3. Stir until the butter is frothy
4. Add the frozen peas and toss until they are covered in the butter sauce
5. Lower the heat to medium-low, place a lid on the pot, and cook the peas for 5-7 minutes, shaking the pot frequently
6. Remove the lid and when the sauce has turned into a glaze but isn't watery, turn off the heat
7. Taste the seasoning and add additional salt (if necessary), black pepper, and parsley (if using)
8. Serve immediately